

The mother can do to help her jaded nerves is a problem which meets not only the co- in the world especially to you. operation of those who have her interest at sometimes seems to be selfishness. Seldom is this so clearly set forth as in the annals said the young father of the family, by the babies meaning a three-year-old and twins a little less than two years old. The mother, sald she had felt the absolute necessity, if

was going to look in to see that everything went well, and her husband was going to do his part during the night. On Sunday came denouement, in which the maid was refirst time in giving them their daily bath. I was worn to a rag when I got through, was the paternal comment, as repeated by the girlish mother. "I had no idea how much strength it took, and you never shall since then there has been an arrangement by which a little extra help has been se-

was helped because she had the good sense to help herself. In another house the arrangement has been made by the father that the mother was to take a day off. It is hard for the mother to drop everything her former state of happiness and pretti-

of laziness. A novel will do more good to other, in short, of every one who goes out jaded nerves sometimes than a drug. A or passes in. change of air and scene is of marvelous Taking time to eat is one of the Thoughthings in which most mothers can turn over a new leaf. And if there is no way to She may not realize it, it is quite worth take a long auto ride in the fresh air there are at least the street cars, open ones, many of them, upon which she can find excuse to get an outing and an air-

there is such strength as that which makes be as entertaining as possible and look and An individual think highly of his work, or dress the part. There's not a man living which makes him go still further and re-gard it as a trust. The most helpful turn which one person can do another is to inabout what he has to do.

center of a little gathering of busy people in which there were women who were do-mestic and those who answered to the imputation of having careers. Asked what she was doing this woman fairly radiated with pleasure when she spoke of her work. It was just an ordinarily good executive poeition in a business office, and there was not one of her friends who did not consider that a personality which had such unusual gifts of magnetism and attractas her's was being ingloriously A few minutes' contact with her not only dispelled this opinion, but sent most people into a hurried introspection how he was estimating the impor-of what he himself was doing.

This is the kind of individual which all of earnest purpose like to meet. In little account given of being busy from morning until night, with a routine in which she only allowed herself to stop to get a cup of chocolate, she showed such unnistakable interest and delight in the work little world that one not knowing would have rated her position as inestimably higher. Her attitude was that it was her work, and, as such, to her the best in The spark which was emitted fail to light one way or another in minds of any responsiveness.

the same philosophy as in the words of aul to every man-"not to think of himolf more highly than he ought to think. soberly according as God has to every man the measure of faith." elopment as that which comes of it from the material standpoint in ating its importance is found the erence and give it the best you have if

only on this account, and with it snau-come that highest of all points of view, that it has been given of all the people

Trip to another town or incursion into a

friend's house is worth taking unless the of a small establishment, as recounted the other day by the youthful mother of three. You never shall give those belies their the routine at home or for passing on to one's home friends. A visit which is long enough to afford a glimpse of the day by day workings of a friend's home is most prolific of these lasting souvenirs in the way of new habits and incentives. Perhaps it is the habit of a word of endearment long ting away from those babies" for a little passed into disuse which is called back by while at least, and she had had the good hearing it as a household word in another hearing it as a household word in another sense to make an effort to relieve her own need by announcing that she was going off on a week's visit.

family. It may be only the stopping to make a pleasant hour for the mother of the family by getting ready a little tray "girl" has promised to take care of during the day. The grandmother of afternoon tea, regardless of whether or not there are visuors, or the going into her room with a hot lemonade for a friendly chat at night. Or it may be the habit of "dressing up" and getting out every day, or for some larger festivity every week or leved by the father experimenting for the | month as one has not had courage or energy to do for years.

Or it may be that a friend's delightful way of entertaining has opened up possi-bilities which give a new impetus toward

There is nothing like a trip to another place as an eye-opener to the resources in one's own. Simple little amusements that we had not thought worth while, or plans of entertainment that we had thought un-conventional all gain a glamour and a fresh interest as they are seen from the new point of view of the life lived some-where else. By putting all these little ideas is hard for the mother to drop everything into execution we not only get new life for just at the one day perhaps when she is geting things to the point of catching up. in which there is a fresh interest for every But it is just in "letting things go" for a little time that lies the secret of the greatest and most important of all things to her —that she shall be saved to her family finitely precious, and which is the true reabody else. It is the bringing something when they are grown-not as a piece of son outside of bread-winning itself, of all wreckage, but with some resemblance to going forth. It may be only the way to pronounce a new word, the hearing of a To accomplish this she must take advantage of the helps that are given her and make some for herself. Gently and tactfully she can point the way to her own other. They should be the gift of the she can point the way to her own And she can do many little things may seem at the time the better part mother, of the wife and husband to each

the while of the girl or woman visiting in a house to exert herself to be agreeable to her host in the same way she would if he was not a married man. If there is the special form of deference which woman owes to mankind in general, and to the one who is her host in particular, it is that Is no attitude which is so rare or in which when he takes her anywhere she should has one kind of appearance that attracts deferential admiration, and yet there is nothing in which a man suffers so much matrimonially as in the appearance, behavior, and general social quality of the of women that it is ever afterward

entailed upon him to take about publicly.

Before he was married he was one of the men known by girls as one who can be relied upon to "give them a good time, and who understood the art of doing it . way that passes muster even with critical girlhood. who makes this distinction is an adept in looking well, talking well and in the happy alacrity with which she responds to his little plans and arrangements, all of which are part of the science of

being entertained.
With the girl who is his wife's guest, and with the sisters and sisters-in-law, and the whole run of cousinly visitors, it is differ-They do not think it is worth while to don their light things which make the difference in "dressing up" unless it is a grand occasion and there is another man to be met. Instead, the night when the host is going to take them somewhere is looked upon as a good time to save clothes. So far from bothering to talk to him he is re garded as the person to take care of the tickets, and the time is one in which to settle back and rest up, or to talk to each

If his wife is one of the difficult kind he may find that the whole lot are bent upon taking the street car when he has planned about it which is the important part upon taking the elevated. He discovers that instead of running the party his principal part is in trying to find out what they want. It is all done with an occasional smile in his direction, which says "You

But he does mind. "Women are such confoundedly hard work to take anywhere," is his comment. And those who watch him in the street cars and the ways of the little party of women trailing after him, do not wonder that in his part of married ortunity for stepping to a higher man he falls back upon smoking at home, If it is really not the work for and that, according to nine-tenths of the we are intended, it is that which wives, in his latest manifestation refuses path out. Treat it with rev- to be budged anywhere after dinner GRACE RILEY CLARKE.



Has for its entertainment the old game of a chestnut hunt, introduced with new features. Partners are chosen by a slip of paper which is found inside a large chestnut shell from which the pointed end has been cut on and the inside dug out after first boiling the chestnuts. Across the opening and from holes made on each side has been tied a gay little bow of inch-wide ribbon. These in different colors and tied in long loops with fringed ends make a pretty showing when passed in a silver

itself, you can "couple" it with a pretty lit-tle compliment or something descriptive of that person, and make into a rhyme, it will the partners to read to each other as they

Each pair of partners also receives a silk made fanciful enough to use afterward for the hostess likes, pretty light brocade bags glit tops may be picked up.

The large French chestnuts are hidden in where they can be seen. The partners are then lined up for a Virginia reel, for which the music begins. Suddenly in the middle of a bar it stops, when the looking for the chestnuts begins. Every two or three minutes "time" is called by the music starting ap again, sometimes in a waitz or a twostep or the reel again. No nuts can be hunted while the music is in process. Each man and girl works together, the couple who gets the most having prizes waiting for them, one of which may be "The Open-

ing of a Chestnut Burr."
A chestnut supper follows, at which the decorations are of grasses and ferns ar-ranged on one of the little brown German fiber baskets, which are, especially for moss

emerles for the women and pin cushions

The menu is chestnut puree served in bouillon cups with whipped cream. Sman roast birds with chestnut sauce or stuffing follow this, and next chestnut croquettes with French peas. A salad of boiled chestnuts, celery and lettuce heads, with French dressing, follows, and for dessert Nesselrode pudding or chocolate ice cream, with boiled chestnuts glace for bon bons. Have chocolate with the supper and have coffee with a flavoring of brandy afterward in the parlor.

Children are to be entertained there are delights in a goose party. A sheet is lized into an art. The workaday American stretched in the doorway and a goose head is thrust through it which is made of white flannel with a bill lined with red flannel, and which has black bead eyes. It has a long, stocking-shaped neck, which is slipped over some one's arm and the head is just work or opera glass bag. Or if | padded enough so that the bill can be nicely

manipulated with the two fingers.

Interest in the goose is led up to by having some young girl tell the story of the golden egg, after which she announces that she is to appear in the part, which she does with a great deal of bowing. The children are then given little bags of popcorn, and each is sent up in turn to feed her. She responds by disappearing after taking the corn, and coming back with a small package in her bill for the small person who has been feeding her. She performs many antics during the process, but finally she gives a little present to each one of the small people, which are chosen and marked ahead, so that each child will get some ac-ceptable little gift, from doll dishes and bags of marbles to masks and parasols and

bags of candy. At the table there is a pond in which small, downy geese are swimming, which



Is not in buying a set of French furniture for a boudoir and knowing that the decoration of the walls corresponds in design and period that art lies. For instance, here is the way a girl of taste as well as wealth has a dressing room arranged, which is done entirely in the low pieces of the eighteenth century salons. In it she has managed to introduce an air of cozy comfort which is not usually associated with

this period. First, on the floor in front of every place tiffiy upholstered. There is one under the oilet table, one in front of the high-backed settle, and one near a dear little oblong seat which has low caned supports at each Fitting in this there is also a cushion by way of upholstering, and it is clevrly arranged within the folds of a screen which really is the piece de resistance of he room. In one of those irregularly paneled affairs and two-thirds of the way down the irregular gilt framework incloses beveled. mirrors. So that the little backless seat is there for a double purpose—either the pretty occupant can face this screen of many mirrors when her hair is being done or she can use it as a background when visiting with her friends.

settle also is an ideal lounging place, as it is set fairly and squarely into the cor- a shallow arch near the top.

Its high end and back become in this way part of the wall decoration, especially as they support a soft drapery of brocade which is hung from the corner. Near enough to it to be in convenient reach is the little triple French stand for books and papers. The dressing table is arranged between the parted window curtains after the English fashion and has the low arm-chair, also cushioned, in front of it. And there is another convenient little piece of furniture with small cabinet doors and drawers, which has a high swing oval mir-ror and below it little shelves and a glass which are devoted to bottles and where one can sit either to dress or to and the scents and pomades which form the lounge are scattered oblong cushions rather working part of dressing and beautifying.

That double window which is built almos up to a neighboring brick wall, hang your sash curtains almost without fullness and embroider or apply an arched design of flowers or leaves over the top of them. They will be in one piece for each window and should be of white to let in all the light possible without having to draw them. Simple unbleached muslin may be used, and an embroidery linen in bold stitches. Or a simple cretonne may be used. The whole point is to bring the design up where i



Licorice-

May be made to play an important part in nursery furnishings. Teach the nurslings to break it up in small pieces and to lead into small black bags which you can make for them out of cambric. It then becomes the foundation for the most delightful game of coal yard. Loading the little bags into the small wagon is one of the fascinating parts of this game, which is a good one on account of the varying process of filling, loading and delivering. A small efter scale lent for the occasion is a delightful addition and furnishes a chance or a lesson in weighing.

For a change the candy may be chopped and used for fuel in the toy cooking stove. The idea of making sacks in which to load may be also carried out in unbleached muscheesecloth, and with white cotton a flour mill may be started. Teach the little miller to letter his bags with blue and red, with his own water color paints.

When other things fail, "let us tell stories

with the scissors." is a suggestion that awakens wonder in the minds of the tots who have not yet been to kindergarten and which will receive the ready those who have. Scissors and paste are all that is needed and skill and originality comes with a little practice in what at first appears even to elders to be a difficult achievement. The "old woman and her pig" is represented as going to market by some steps at the end of a long strip over which she is driving him with a long stick. There is a "Little Pickaninny" story in

which small black boys are carrying watermelons away from a field and loading them into a cart. "Jack be Nimble" is easily iljustrated by the candlestick and the boy jumping over it. Do not let them draw

More were needed to insure the small girl of today against being set down to sewing tasks, it has come in the decree of the oculist. The study of young eyes has brought forth the fact that the close application needed to make the small fingers take little stitches is very injurious.

"Hemming and fine sewing of all kinds is very injurious for small children and it is a great mistake in the case of little girls to begin needlework too early," is the statement made by a famous eye doctor. This authority also goes on to state that knitting or chocheting puts no strain upon the eyes and suggests it as one of the best of rainy day occupations for small people. Bone knitting needles, he specifies, must be

used instead of steel ones.

Where the small girl is hardly to be found who takes kindly to the task of learning to take small stitches, there are hardly any youngsters, even little boys, who cannot be interested in pretty, bright wool work. Where there are skilled hands to direct and "turn corners," a special incentive can be made in knitting small caps and skirts for the dolls of the family. Canvas and wool kettle holders are another old-fashioned revival which is now taught the little kindergartners of sewing schools.



Was considered a marvelous feat by her admirers and by her especial admirer in particular when a young girl transferred her fur neck scarf to a lace hat upon going out in the evening.

Just now fashion has a new wrinkle which is so suggestive of this that it will soon become no trick at all. The latest evening head dress is a fur coronet, which encircles the high-built coiffure in an upstanding band and is fastened at the left front with an aigrette and a rose or velvet ro-sette. Any fur may be used, white preferably, and ermine, with collar to match on the evening coat, has been the pelt used in the first of these instances of this pretty fashion. The little head dress worn at the theater is, of course, not removed, though in the street it answers all the purposes of a hat. Any woman in possession of one of the tiny fur tippets or stocks which are worn crossed at the throat could easily con-vert it with a few stitches and small hatpins into this kind of a topknot for evening wear. Another "adaptation" of fur to mil-linery which requires little or no cutting or sewing is the use of an old "rippled" collarette for covering the brim of a large hat. The collar will slip over the frame, which should be as light as possible, and will nearly fit without much adjusting, and of the collar where the fur is apt to be thickest makes a fluffy edge for the adapted to covering the similar crown fectly.



Skirts-

A few yards around the bottom are an assured fact, and to meet this condition and in the lull since the time in which everybody was wondering if the hoopskirt would come back, it-or something remarkably like it-has crept in insidiously. This practically is a silk petticoat with a skeleton top. The seams are outlined by lengthwise strips of silk doubled over bias just where they would come on a seven-gored skirt. Below the hips are three horizontal feather bones set some distance apart and covered with the shirred silk. To the bottom ones are fastened the silk flounces, which are fin-ished in the bottom likewise with a feather bone unless they are so circular and be-frilled that they are enough outstanding without it. The best of this kind of a silk petticoat is that nobody will put their knees through it, or, if they do, no harm will be done. And no woman whose dressmaking experience harks back to the days when "reeds" were shirred three deep into the backs of foundation skirts will fear her lack of ability to make one.

In adjusting the silk "uprights" a sug-

gestion is first to slip on a seven-gored dress skirt. Then, your petticoat belt. Now pin the up and down strips to it, following the lines of the seams. Secure them there means of a few pins and have brim of the hat. A man's sealskin cap body pin on your feather bones and flounces, usually has the oval crown which is exactly Then the hoop petticoat will hang perbody pin on your feather bones and flounces.



The French Are the best dressed people in the world,

and the French are not joining the rest of the world in the growing disregard of mending. In Paris the demand for mending has become so great that the trade has crystalwoman can be found who thinks that it is not economy to spend much time in mending. The French woman's love for her clothes and instinctive respect for their importance teaches her first to make every part of her wardrobe as beautiful, perfect and suitable as thought, taste and skill lavished on it can accomplish. Then, to regard it as a profanation to let it be defaced with spot or tear. If the damage is such that ordinary cleaning or mending will not affect it, it is hurried to the artistic stoppeur, who plies a work with her needle, the tale of which would sound unbelievable west of

At her shop, making something "as good as new" really takes place. She is a Norman, convent bred, and her craft is one of perfection, which can mend a rent or set in a piece so that it is invisible and the garment so near like new that a woman trav-

ment so near like new that a woman trav-eler from Paris declares that there are no "little dress tragedies."
"Domestic disciplinings and confessions, too, are averted," she says, "as, if the small girl despoils the front of her best frock, a new piece can be set in which makes it ap-pear the same as ever on the next occa-sion," and if the man of the house burns ble coat with a lighted match it will be re-

way of wearing one's gown which bespeaks for it an elegance which it may not possess. This is an undefinable art, other atmospheres possessed by some peo ple, it can be to some extent assimilated, and the value it has is tangible in making up for greater expenditure.

Simple-

Alds to beauty are apt to be forgotten in these days of facial massage, electrolysis and lotions for the skin, and yet there are a few which will receive the indorsement of the best authorities. One of these, and one which helps to do away with the necessity of buying cold creams, is the constant use of rain water on the face. A famous skin specialist who commanded enormous prices when beauty doctors were fewer and farther between was asked just before she farther between was asked just before she died what was the greatest beauty aid which she could truthfully recommend. She answered: "Eau de ciel." Even now this remains one of the best and simplest remedies for the skin, and yet it is one which nobody takes any trouble to preserve. A woman past middle age, who has a skin as naveage of the skin and the skin and the skin and the skin and the skin as t a skin as pure as a girl's, manages to keep a small barrel always full. In the winter snow is melted and in the summer between rains she uses the meltings from the re-The rain water that is caught frigerator. outside is filtered through a coarse canvas fastened loosely on the barrel so that the water drips through it. This is kept clean and the water is kept fresh and pure by being exposed to the air and never botsmall, downy geese are swimming, which are especially for moss and graves, being woven of dark brown water twigs. It might be possible for a bostess to get artificial chestnuts partly inclosed in burrs, as this is a new hat fash for which may be found in millinery shops, simpler and easier to get are little brown sain chestnut favors which carry out the

ler dining room." This is a dining room to | Coffee Service-Has become elaborate since it is understood old-fashioned living room parlor. There is a fine example of old English dresser with carved moldings and prettily shaped panels on which are old plates, jugs a little covered hot milk pitcher with her breakfast coffee service, which resembles a little Doulton syrup jug. She serves the breakfast coffee clear with sugar to such

and candlesticks. There is a 'settle' standing with its back to the window, the design of which is near that of the two handsome carved arm chairs, one of which is drawn sitting room fashion out into the room. Variety is given by two chairs without arms which stand on each side of the dresser. The table is small comparatively. naving the signs of general use in papers and magazines scattered on it, and there is a chest of drawers at one side with a gilt framed mirror with post uprights hung over it. The walls are paneled and the ceiling raftered with a high plate rail just under the roof, on which there are some good specimens of old china.

In the DING ROOM

Is the old-fashioned scheme of decoration and furnishing which is applied to a "parwhich are adapted the characteristics of the

A writing table in one corner and an old clock are a frequent part of the outfit of such a room, and there is no more beautiful form of furnishing than can be gained from the soft browns and cozy shapes of this period. It is beautiful, whether the idea of | sugar is more injurious.

room is a practical part of the plan of furnishing or just a make believe.

of her family as can still be trained into ways of fashion and hygiene-which for once correspond. To those who cannot, she dilutes the coffee with scalding milk. I cream is insisted on it must never be heateu, and it also is one of the nice points that the milk should not be allowed to come to a boil. To have it just right it should be put in a double boiler and watched until the water surrounding it comes to a boil, when it should be taken out. For dinner have the coffee made in a French coffee pot so carefully that its flavor will convert the most old-fashioned cream devotee to taking it clear. The hygienic point of view is that coffee with cream produces stomach acidity, while the combination of cream and

equal best American cheese, a little lemon

juice, salt and cayenne and roll into size of

marbles. Chop the four whites and two

and coat all but the larger ones with

yolks to dice, wipe dry all the lettuce leaves

oil dressing. Line the salad bowl with enough leaves to hold the mixture, shred the larger ones and stir them into the

dressing; lift out and put in the serving bowl; do the same with the chopped egg; macerate in the dressing and mix lightly

with the little leaves. Above, in the tiniest

leaves, put the cheese balls and pour on

any oil dressing that may be left. This is

already rich enough without any addition

Savoury .- Is better known by its French

name, canape. Cut thin slices of best fresh rye bread and spread evenly with the best

butter. On these lay flakes scooped from smoked white fish. On this a moistening of

oil and lemon fuice, above olive chips (do not use forced olives) and a thin slice of

lemon, with a fleck of chopped parsley in

the center. A few capers may be used in-

This is one of Mr. T. Edison's "restora-

Onion Sandwich.-Cut two thin slices of

slice, press firmly together and cut in four

chase of sleep or as a lunch. Sometimes one square brings sleep.

A southern nightcap for restlessness is to have a pint bowl of popped corn hot from

the popper, and pour over it scalding (not boiling) milk, and take that as lunch and

Seems more modern to us, but, as a fact,

the use of cheese for "savour" is old. Take

a largish veal cutlet, lay a cabbage leaf

upon it, on this put a tablesnoon of Swiss

cheese (or Parmesan), on this lay a layer

of sliced onion, another cabbage leaf,

young, of course, a tablespoon of tomatoes

and a bay leaf. On this lay a small cutlet,

trimmed and seasoned. Repeat the process

and pin over the large cutlet for a casing

above, skewer on some strips of bacon to mask the top. Fry the under side of this sack to sear, then put it in a pan with one-quarter of an inch of hot water and let it

simmer, covered tight, one and a half

hours. Have ready a cup of green peas, cooked without any addition but a little salt. Do not add cream or cream sauce.

Lift the cutlet sack out upon a hot serving

dish, make a little brown gravy of any

liquid that remains to serve in a bowl

apart, and pour the peas around the cutlets

Fricasee of Macaroni.-Cook sufficient

macaroni in boiling salted water in one

saucepan and make a cooking water in another. For this take a large cup of cold

water, three small onions, one bay leaf,

rind not cut or grated, and let them stew till the macaroni is done. Then lift out the

lemon rind and bay leaf and put the maca-

roni, drained, cut in small and larger

pieces, into the cooking water, to which has been first added two ounces of Swiss

cheese. Add seasoning if required, and a scant cup of rich milk. Simmer half an

hour, or until a creamy mass. To be eaten

Parsnip Fritters.—Parsnips can be just like the little boy in the poem. When he

was good-you know the rest. Now, this is "a company fixing." See that they are ten-

der and boll them in salted water, a lump

of sugar and a tablespoon of butter. Take out, drain, cool and when ready to use cut

and trim them into long pieces, not quite as thick as "lady fingers." Dip in a delicate pancake batter. Fry a golden brown on

both sides, drain, put on a hot napkin or a

hot plate, and when serving sprinkle with

Old Style Pumpkin Pie.-When the "lady"

did her own cooking or knew how better

than her help they were baked in the old

style clay deep-in-the-center plates, brown,

with yellow wiggles in them. The pumpkin

was cut in pieces, peeled and stewed soft !

enough to be scooped. Then mashed and

sweetened with sufficient dark molasses,

into which ginger and cinnamon, two parts

of the first, one of the latter to each ple, is

mixed. To this was added about one-third

rich eream to two-thirds drained pumpkin-

First bake the ple crust lining, add the pumpkin till level with the edge, and bake

in a brisk oven (it was brick then) a rich brown, even darker at the edge, with a

brown film above. It cuts coherently, not

Old Indian Pudding .- Pour a pint

sealding milk on a cup of coarse yellow In-dian meal, add two beaten eggs, two-thirds

cup of dark molasses, salt and cinnamon to

To make a tasty hash with cooked meat

like custard nor cornstarch, but like a firm

ctions of lemon. They lose their identity

powdered sugar and cinnamon. Serve with

with some and pass a hot sweet.

100 Years Old-None Better-

with a fork and dessert spoon.

half a lump of sugar, half a fresh lemon

squares. One may eat all four in the

of mayonnaise.

stead of olives.

remedy.

Italian Stew-

on the dish.

home enthusiastic about the gumbos in par-ticular. The secret of their success is the filee powder made from the tiny spring leaves of the sassafras. It is to this pow-der that the real southern gumbo owes its thickness and its peculiarly delicious flavor Okra is the second ingredient which make for success. It is rich in mucliage Chicken gumbo is perhaps the most fa-ored. Prepare one chicken as for a

fricassee, cut up in parts and drop into a soup kettle in which two tablespoonfuls of butter has been allowed to get hot (not brown). Stir the chicken until it is browned, then add one pint green okra that has been washed and cut into slices, and two tomatoes peeled and cut into haives with the seeds pressed for ten or fifteen minutes, then add two quarts of boiling water; simmer until the mixture is thoroughly cooked. Add a ta-

> rice, which is passed at table, allowing each diner to put a speenful into the gumbo Bisque of crawfish is an old-time favorite crawfish is more delicious than that o a half dozen crawfish and chop very fine straining off the liquor. To the liquor add one quart of well-seasoned soup stock, a cup of rice and boil three-quarters of a hour. Strain through a fine sieve and add one cupful sweet cream that has been scalded in a double boiler. Now take the finely hopped meat, press it into the crawfish shells and serve one or more in each plate f soup with bread croutons.

plespoonful of filee, flavor with salt, pepper

cayenne pepper and one fresh bell pepper. This should be served with carefully bolled

CREOLE COOKERY.

Your true southerner revels the year round in the delicacies of Creole cookery and thrives upon them, but the northerner, thinking always of the cold blasts of winter, reserves these highly spiced "hot stuffs," as he calls them, until midwinter, when the snow flurries most stingingly and he feel the need of something to quicken the

In essence, Creole cooking is the perfect

plending of peppers, plentiful tomato sauce

and wines. The resultant flavors tickle the

unaccustomed palate in a most bewildering

Travelers through the southland com-

Here are two typical dishes of the souti which show the fondness of southerners

Crab a la Creole-Boll the crabs in sall water until red. Remove from the fire, pick out the meat carefully and set aside. Brown over fire one small onlon in one tablespoon-ful of butter, stir in one tablespoonful of flour and when thoroughly browned add one cupful hot water and one can tomatoes. Season with salt, pepper, cayenne pepper one saltspoonful sugar and one tablespoon ful tomato catsup. Boil this mixture until it is thick, then add crab meat and let ter lined with toast, allowing one slice of toast for each person.

Stuffed Green Peppers-Select large peppers, cut off tops and remove insides so as not to break the outer surface. Soak in tives," One a man can make for himself. cold salt water for three hours. Brown one Another taken for sleeplessness is: tablespoonful of butter in a frying pan, add the scooped out part of the peppers white bread firm enough not to crumble, spread with fresh butter and lay on one side onions thinly sliced and macerated in oil and vinegar for ten minutes. Put on a oil and vinegar for ten minutes. Put on a half of this aside for sauce and to the redouble layer of onions. Put on the top mainder add a small slice of bread which has been previously soaked in water and squeezed dry. Chop into bits one-half pint of fresh shrimps, add to dressing and mix thoroughly. Stuff the peppers with the mix-ture, sprinkle the top with bread crumbs, put a small lump of butter on top of each pepper, place in a flat baking pan and bake until tender, basting often.

There are Creole families who never sit down to dinner without partaking of red beans with rice. Year in and year out, for generations, this dish has been a steady article of diet. It is easily prepared. Cook the beans until tender, drain off the water, season with salt, pepper, a dash of cayenne, to give it the Creole piquancy, and to every pint of beans add two tablespoonfuls of sweet cream and a small piece of butter. Cook until the beans are flavored and serve with curried rice-plain boiled rice, seasoned

with curry powder. Codfish a la Creole is a palatable luncheo dish and either fresh or salt fish may be used. If salt fish is to be used, wash and soak over night. When ready to serve, cook one onion in two tablespoonfuls of butter slowly on the back of the stove until it is soft, not brown. Add one pound of boneless codfish and one-half cup of rice, which has been previously boiled for twenty minutes. Pour over this one-half can of strained tomatoes, cover the saucepan and cook slowly twenty minutes. Season with salt and pepper. Dish the codfish first, heaping the rice upon it and pouring over

Omelette au rum is another appetizing concection. Whip six yolks of eggs, add two tablespoonfuls of cream, two table-spoonfuls of flour, a little salt and yeast powder. Then stir in the stiffly beaten whites of the six eggs. Pour into a wellbuttered saucepan, cover and let cook. When nearly done, remove cover and place in oven for a few seconds. Roll and slide on to a heated platter. Sprinkle with finely sifted powdered sugar, pour over the whole a wineglassful of rum, set fire to it and serve immediately.

Wine cake, that sweet, dry confection which northeners serve with wine, comes to the southern table soaked in sherry. It is nothing more in foundation than a sweet pound cake made after this recipe: One pound powdered sugar, one pound flour, three-fourths pound butter, eight eggs, one wineglass brandy, three teaspoonfuls bak-ing powder. Let cool and just before serving pour over it a wineglassful of sherry.

Praulines are a dainty dessert much liked by tourists. Cook together three pin's brown sugar, one pint sweet cream and scant one-half cup of butter until the mixscant one-nair cup of butter until the mix-ture, when dropped in water, will form a ball. Add two pounds English walnuts chopped fine, and stir while cooking. Ite-move from the fire and stir until it begins to cream, then spread in buttered pans in the shape of large flat pancakes.

A Creole punch is made thus; Grate the rind of three lemons into two pounds of sugar, add one quart of water and boil hard fifteen minutes. Strain and cool. Then add the juice of a dozen lemons. Pour a pint of boiling water over two tablespoonfuls of English breakfast tea. cover and let stand for half an hour. Strain into the syrup, cover the tea with another pint of water, cover for another half hour and strain into the syrup. Stand aside over night. When ready to serve add one-half pint of raspberry syrup, one gill of Jamaica rum and one quart of A Creole punch is made thus; Grate the one gill of Jamaica rum and one quart of finely shaved rice. If too strong, thin with apollinaris water. This will be sufficient for twenty persons.

Dress for Stout Women.

The stout woman who dresses to her figire, rather than to fashionable models, is always more charmingly gowned than she who wears what is fashionable in itself ather than what is suitable. Don't use fruis of any kind on a gown if you are stout. Use flat trimmings. ou are stout. Use flat Don't wear wide belts.

Don't trim a skirt except at the bottom

Don't wear an Eton coat. Always have

taste, add one pint of cold, rich milk, and bake two hours, stirring several times to man's way, too: Sportsman's Trout.-Take two or more make it whey. Make a sauce of one cup of powdered sugar and one-half cup of butter beaten to a cream, flavor with nutmeg, wine or brandy. A woman hotelkeeper in a small western town has built her trade on that pudding.

it is essential to make the gravy carefully,

and satisfactory way. It is worth the that there are certain laws as to cream and triffing extra time it takes to master a new sugar which are both hygienic and epirecipe in order to give this whet to an appetite sated perhaps with too much baked beans, broiled steak or mince pie. curean. The up-to-date housewife now has

Make a dressing of oil and vinegar or with A Canadian Toboggan Supper. lemon juice, a little mustard, and beat well in a bowl. Have boiled hard four eggs,

The simplest of the kind after the sport is this northern refection. A large tray is this northern refection. A large tray peel, put two eggs and the four whites with a block of ice covered and surrounded aside. Take two yolks, rub to a paste with by oysters and furnished with the implements for opening is placed before 'he head of the house at the long spread table. He opens till he tires of it, aided by one on either side, who serve and relieve him.

The table is spread with large loaves of home-made cottage bread, a big Stilton cheese and a round of cold boiled beef, but the last does not always appear. Plenty of celery in glasses and pale ale bottles like sentinels down both sides, a bottle to each plate. In the center flowers in a low dish.

The room being light. After the raw oyster debris is removed a huge dish of hot scalloped oysters is brought on, and with pickles, olives, etc., chow-chow and the like, the meal is finished by cheese and ale. Ale always with oysters, never wine or spirit. Spirit turns oysters, never wine or spirit. Spirit turns the oyster to a leathery substance; ale melts it to cream. There are cakes and other sweets on the sideboard, but as a rule no one touches them.

Scalloped Oysters .- One proportion: One and a half quarts of raw oysters, pepper, salt and mace. Drain the oysters butter the dish. Line it with crackers buttered on both sides. Put in a layer of oysters, a layer of cracker crumbs, again oysters until full, and crumbs at the top well dotted with lumps of butter. Strain and pour in the liquor and bake a rich brown at the top. It must be moist and served hot.

Palatable Vegetable Dishes.

Cabbage Stew.-Clean and quarter young cabbage, wash we'll and shred all four into slices. Peel and slice four medium onions. Scrape four carrots and quarter them, rejecting hard parts. Prepare a quart or more of hot water with one ounce butter, salt to taste, and one lump of sugar. Put in a layer of cabbage, then of carrots, then of onions, using two-thirds of the cab-bage at the bottom of the pot and fill with cabbage. Cover tightly and let it all cook rapidly for half an hour. Then add six or eight good-sized potatoes cut in half, and let these cook to the melting point. When taken off add melted butter. The potatoes will melt sufficiently to make the liquid as

thick as gravy.
Sweet Potatoes Piquant.—Cnoose good potatoes and of a size. Bake soft cut open with the scissors and press back enough to admit a beaten sauce of butter and lemon juice, close and keep in a warm place.

Winter Succotash.—Soak dried lima beans three hours in cold water, drain and put on to simmer. By the time they are cooked have ready a can of best sweet green corn cooked with a small onion; add the beans. Stir well into this seasoning and butter to make rich. The beans should turn out well if watched and care is taken to get the season's drying. It is an agreeable addition to the winter table.

Mushroom Toast.—Cook the mushrooms in a little liquor made from stewing the peels and stalks, previously cleaned. Then toast them in hot butter and serve on nicely browned toast moistened in the liquor. Salt, butter and pepper are all that are remushroom has a unique flavor and that is the point to get.

Leek Cutlets.—These must be fine to start

with, large and broad. Cut off useless leaf-age down to what would make two cutlets Wash well beneath the foliage and cook them in boiling salted water with one lump of sugar and a teaspoon of butter. Cook rapidly. When tender, lift out, drain and cover, and put aside till needed. Then dip each in egg and bread crumbs and fry like any cutlet. They are their own

The tendency of all culture is from the complex to the simple. Of all things to remember, do not forget this in cooking. But there is simple and simple. There is

the simplicity of a wild rose or a good hammer, and there is the simplicity of a broken stool. To omit the proper trace of salt in the porridge is not simplicity; it is neglect. To put cherries on lettuce leaves is no simplicity; it is ignorance.

To every man his own honor. Lettuce in its place. These bad cooking ways represent the fidgets in cooking. Here is a man's idea,

and ask any first-class hotel to beat it. He has decided to get and is going to eat: Smoked Haddock.—For this he is going to preserve the flavor he desires. Wipe the fish clean, trim to the pan, and pour over it to the level of boiling water. Fut in the oven to simmer five minutes. Have a ta-blespoon of good butter melted. Pour off the water from the fish and pour on the butter, adding a little white pepper and one-fourth cup of boiling water. Put it back to simmer for five minutes or a trifle more, letting it brown lightly on top. Re-move, take out the bone and flake up every morsel of the haddock from the skin so that it may be spooned out easily. Place the fish on a hot serving plate, pour liquid from pan which remains, buttered and sea-soned, upon the heap of flakes, and dress fish with plenty of fresh water cress. He does not use any Worcester sauce. 1 would undo all his pains.

young trout, perfectly clean them wask and wipe dry and season with salt and white pepper. Put in a pan to fit and fill to their level with cream (not milk) hake a light brown, when the trout will have absorbed the cream. A sportsman will walk miles over the mountain rather than forego this rich gream. This done, it

Here is another example of the simple.